

FALL 2019

GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

6:30-7:15 am // Rm. 203
Rise & Ride ♥

6:30-7:15 am // Rm. 201
Sunrise Yoga 🧘

7-7:45 am // Rm. 201
Sunrise Yoga 🧘

7-7:45 am // Rm. 203
Rise and Ride ♥

12-12:45 pm // Rm. 201
Total Body Strength ↔

12-12:45 pm // Rm. 203
Cycle ♥

12-12:45 pm // Rm. 201
HIIT Extreme ↔ ♥

12-12:45 pm // Rm. 203
Cycle ♥

5-5:45 pm // Rm. 201
HIIT Extreme ↔ ♥

5-5:45 pm // Rm. 201
HIIT Extreme ↔ ♥

5-5:45 pm // Rm. 127
Pilates ↔ 🧘

5-5:45 pm // Rm. 201
HIIT Extreme ↔ ♥

5:30-6:15 pm // Rm. 203
Blacklight Ride ♥

5:30-6:15 pm // Rm. 203
Cycle ♥

5-5:45 pm // Rm. 201
Total Body Strength ↔

5:30-6 pm // Rm. 202
HardCORE ↔

5:30-6:15 pm // Rm. 127
Pilates ↔ 🧘

5:30-6:15 pm // Rm. 127
Pilates ↔ 🧘

5:30-6:00 pm // Rm. 202
HardCORE ↔

5:30-6:15 pm // Rm. 127
Yoga Sculpt ↔ 🧘

5:45-6:15 pm // Rm. 202
HardCORE ↔

6:30-7:15 pm // Rm. 202
Barre to the Beat ↔ 🧘

5:30-6:15 pm // Rm. 203
Cycle 🧘

6:00-6:45 pm // Rm. 201
Total Body Strength ↔

6-6:45 pm // Rm. 201
Total Body Strength ↔

6:30-7:15 pm // Rm. 201
Total Body Strength ↔

6-6:45pm // Rm. 127
Yoga Sculpt ↔ 🧘

6:30-7:15 pm // Rm. 202
Barre to the Beat ↔ 🧘

6:30-7:15 pm // Rm. 203
Cycle ♥

6:30-7:15 pm // Rm. 127
Yoga Flow 🧘

6:30-7:15 pm // Rm. 203
Blacklight Ride ♥

7-7:45 pm // Rm. 203
Cycle ♥

6:30-7:15 pm // Rm. 127
Yoga Flow 🧘

7-7:45 pm // Rm. 203
Blacklight Ride ♥

6:30-7:15 pm // Rm. 201
Total Body Strength ↔

7-7:45 pm // Rm. 127
Yoga Flow 🧘

7-7:45 pm // Rm. 201
HIIT Extreme ↔ ♥

7:30-8:30 pm // Rm. 127
Restorative Yoga 🧘

6:30-7:15 pm // Rm. 202
Barre to the Beat ↔ 🧘

7:30-8:15 pm // Rm. 201
Zumba ♥

7:30-8 pm // Rm. 127
Meditation 🧘

8-8:45 pm // Rm. 201
Zumba ♥

7-7:45 pm // Rm 127
Yoga Flow 🧘

8-9 pm // Rm. 127
Mindful Yoga 🧘

8-8:45 pm // Rm. 201
Zumba ♥

9-9:30 pm // Rm. 127
Meditation 🧘

8-8:45 pm // Rm. 201
Zumba ♥

8-9 pm // Rm. 127
Restorative Yoga 🧘

FRIDAY

SATURDAY

SUNDAY

11-11:45 am // Rm. 203
Cycle ♥

12-12:45 pm // Rm. 201
Yoga Flow 🧘

5-5:45 pm // Rm. 203
Blacklight Ride ♥

12-12:45 pm // Rm. 201
Total Body Strength ↔

1-1:45 pm // Rm. 203
Cycle ♥

6-6:45pm // Rm. 201
Total Body Strength ↔

1-1:45 pm // Rm 127
Pilates ↔ 🧘

6:30-7:30 pm // Rm. 127
Restorative Yoga 🧘

2-2:45 pm // Rm. 201
Yoga Flow 🧘

7-7:45 pm // Rm. 201
Zumba ♥



CARDIO



MIND-BODY



STRENGTH

Check the Fitness section of the website for the most up-to-date class schedule and descriptions.